

A N N U A L
N A R R A T I V E R E P O R T
Y U M A C O U N T Y

December 1, 1943 - November 30, 1944

AGRICULTURAL EXTENSION SERVICE

Miss Mariel Hopkins,
Home Demonstration Agent

Miss Mariel Hopkins
Home Demonstration Agent
Yuma County, Arizona
1944

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ANNUAL NARRATIVE REPORT

of

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C. Summary of Activities and Accomplishments

ADULT WORK

Eight Home Demonstration Clubs have held one hundred twenty-three meetings during the year with a total attendance of one thousand two hundred and ninety-two. Of these meetings, seventy-one were attended by the Agent and had a total attendance of seven hundred and twenty-five. Because of transportation difficulties and because rural women have been unusually busy with home duties, meetings have been smaller than in pre-war years. However an increase in purposefulness has been evident among all club members. Leaders have been particularly sincere in disseminating Home Demonstration subject matter.

There has been a shift in the areas covered by the various Home Demonstration Clubs. This has come about because of the development of new agricultural areas. However the total number of clubs stands at eight as in previous years and all areas in the southern part of the county and in the Salome, Wenden, Vicksburg area are included. Parker, because of transportation difficulties has not been included in the Home Demonstration program.

A county-wide program in clothing, nutrition and house furnishings was planned with the State Office and has been carried out. With the exception of modifications to meet war needs, all clubs have followed a scheduled plan in programs.

In addition to such organizations, as the county school association, churches, Business and Professional Women's Club, the Agent has been called on for method demonstrations and leader service with War Service committees, with the United Service Organization and with the American Red Cross.

NUTRITION

The State Leader of Home Demonstration work spent a total of three days in the county in the capacity of Nutrition Specialist. A total of seven communities were reached through the medium of one local leader meeting and one Home Demonstration Club meeting on the subject "Food for the Sick". Later the Agent carried the work into four additional communities.

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C. Summary of Activities and Accomplishments, (Cont'd.)

Nutrition, (Cont'd.)

The Agent has conducted method demonstrations as follows:

Home Production of Family Food Supply	12
Food Preservation and Storage	31
Food Selection and Preparation	19
Other Health and Safety Work	10

In all there has been seventy-two method demonstrations with a total attendance of seven hundred ninety-eight.

Of first nutrition interest in the Home Demonstration program has been Food Preservation. Yuma county rural women have materially increased their food preservation over last year which in turn was an increase over all previous years. For the eight Home Demonstration Clubs this amounted approximately to:

45,000	quarts	of fruit	canned,
50,000	"	"	vegetables canned,
20,000	"	"	meats and fish canned,
1,500	gallons	"	vegetables brined,
750	pounds	"	vegetables dried,
6,500	"	"	perishable foods frozen.

The above figures do not include results from work with groups and individuals other than Home Demonstration.

Specific advice for Victory gardens has been the prerogative of the County Agricultural Agent. However much has been done, through Home Demonstration Clubs, to maintain interest in home food production.

CLOTHING

The State Clothing Specialist has spent four days in the county and a total of seven communities were reached on the subject of clothing storage. Because the Specialist was granted educational leave conflicting with plans for dressmaking schools in Yuma county, the Home Demonstration Agent acted in the capacity of Specialist for these schools. A total of eleven communities were so reached. It is estimated that a total of five hundred and fourteen families have been assisted with clothing construction problems.

In addition to work on the above, the Agent has responded to special requests for method demonstrations on the construction of dress forms, of kid gloves, of homemade toys, etc.

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C. Summary of Activities and Accomplishments, (Cont'd.)

Clothing, (Cont'd.)

Because of the need made more urgent by the war, Home Demonstration Clubs have continued doing Red Cross sewing during the year. Opportunity has thus been furnished to teach sewing techniques.

HOME MANAGEMENT AND FAMILY ECONOMICS

As in previous years, household accounts are being kept by practically all Home Demonstration Club members. The practice is in part at least due to the effort of the Agent during the current and previous years. However income tax returns have done much to make the practice mandatory.

HOUSE, FURNISHINGS AND SURROUNDINGS

The making of slip covers and re-upholstery of furniture continues to be practiced in all communities as a result of Home Demonstration work. Many of these practices are a result of demonstrations in previous years. During the current year twenty such demonstrations or all day work meetings have been held with a total attendance of one hundred and sixty-eight.

Many Home Demonstration Club members have been interested in the making of lined draperies and four drapery demonstrations have been given by the Agent during the current year.

One mattress making demonstration has been held at which two mattresses were completed.

CONTRIBUTION TO THE WAR EFFORT

The Agent has been called upon many times to do things which pertained either directly or indirectly to the war effort. Not only has all work, nutrition, clothing, home management, been influenced in its subject matter, but the Agent has in instances been the rural women's representative for emergency organizations in Yuma and vicinity. The Agent has served on all war loan drives.

JUNIOR WORK

A total of fifteen 4-H Clubs in clothing, meal planning and canning were supervised by the Agent. The seven victory achievement clubs reported for the previous year were, this current year, integrated into the regular activities of the various rural schools. Hence, while really functioning, they were not identified as 4-H.

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C. Summary of Activities and Accomplishments, (Cont'd.)

Junior Work, (Cont'd.)

Local Achievement days were held for all clubs. With the exception of Salome in the northern part of the county, these achievement days were participated in by the State 4-H Club leader. A special 4-H Club Tea was given for all leaders and older club girls at which the county fifth year Dress Revue was held.

Yuma County's 4-H girl's Record contestant was adjudged the state winner. She will attend the National 4-H Club Congress in Chicago from December 5th to 6th.

STATISTICS

From the statistical report is the following:

Days spent in Adult Work	177
" " " 4-H Club Work	<u>107</u>
Total for year	284
Days spent in Office	71
" " " Field	<u>213</u>
Total for year	284
Days spent in Projects	
" " " Extension Organization	
and Planning	44
Days spent in Nutrition	72
" " " Clothing	113
" " " Housing, Farmstead	
Improvement and Equipment	34
Days spent in War Programs	<u>21</u>
Total for year	284

(a) LOCAL FACTORS INFLUENCING

In war or peace, the work of the Home Demonstration Agent in Yuma County is modified with local conditions, most of which have to do with topography and climate. For this reason a brief explanation seems justified. While the total acreage of Yuma county is in round figures six million, or one-twelfth of the acreage of the entire State of Arizona, nevertheless the total acres on which cultivated crops are grown is between one and two percent of the total. It is worthy of note that the past

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C. Summary of Activities and Accomplishments, (Cont'd.)

(a) Local Factors Influencing (Cont'd.)

two years has seen approximately 1800 acres of land in the South Gila Valley put under cultivation for the first time. In general the low percentage of soil under cultivation is due to unused land divided into soil highly productive but without water supply, and hard pan plus caliche desert soil including small mountain ranges of comparatively low elevation. While the war has brought more than its share of changes to Yuma county, yet, as far as can be estimated, of the land under cultivation, approximately one-third is farmed by tenants while two-thirds is owner-operated.

There is, as in previous years, a high percentage of shifting rural population. These factors; that is, distances to travel and large transient population, make follow-up checks of much more than average difficulty. Local leaders, also, can not function as effectively as in many other sections.

In some localities in Yuma county, the soil and water are of such mineral content as to make the growing of a home vegetable garden very difficult. Because, until the year 1942, vegetables were available in our Yuma markets in good variety and for much less than these particular communities could produce them (irrigation costs, etc), the practice of home gardens was confined to the Yuma valley and communities when the salt soil is not prevalent. With the changes in the truck gardening business which the war has brought, renewed efforts have been made to grow home vegetable gardens. The results are told later.

The desert area of Yuma county is located in the heart of the county, dividing it into two distinct divisions known as the Northern part and the Southern part. To reach the Northern part of the county a graveled road with many dips of from seventy to one hundred and twenty miles must be traversed. Since the trips have been very hard on rubber, traveling has been curtailed with consent of the State Office. During the current year two trips, one for adult work and one for 4-H work, have been made to Vicksburg, Salome, Wenden areas, but no trip has been made to the Parker area.

Another local factor influencing Home Demonstration work in Yuma county is the Mexican population. Approximately one-third of the county is Mexican. Of these Mexicans only a small percentage (approximately seven percent) are naturalized. These are highly patriarchal in family life. This accounts for the fact that while the children are accessible for extension work through the schools, the women are practically unapproachable. There are, however, women in our Home Demonstration Clubs who speak Spanish and who have acted as interpreters in all community projects.

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C. Summary of Activities and Accomplishments, (Cont'd.)

(a) Local Factors Influencing, (Cont'd.)

Mention should also be made of the Indian population. There are two Indian Reservations as follows:

- (1) The Cocopah Reservation, located in the lower Yuma Valley;
 - (2) The Colorado River Agency located at Parker.
- There is also the Fort Yuma Indian Agency located on Indian Hill, in California, directly across the river from Yuma.

(b) FORM OF ORGANIZATION

Yuma County Home Demonstration work is organized under two headings as follows:

- (1) Work with Adults through regularly organized Home Demonstration Clubs; through clubs other than those primarily organized for Home Demonstration work; through temporary groups of women formed for one or more Extension projects; through home visits, office and telephone calls; through individual and circular letters and through newspaper articles.
- (2) Work with Juniors through regularly organized 4-H Clubs.

Regularly organized Home Demonstration Clubs include the following areas; (1) Roll, Tacna, Wellton; (2) Somerton and Gadsden; (3) Sunnyside; (4) North Gila; (5) South Gila; (6) Rood; (7) Crane and Yuma Mesa; (8) Vicksburg, Salome, Wenden. As previously explained, the Parker area has not been visited. However, Parker home makers have been contacted with bulletin material, etc. In previous years, Home Demonstration meetings have been held at the Farm Security Administration Labor Camp. The last two years have seen the camp largely taken over for housing imported laborers. It has been necessary to discontinue meetings at the camp for the duration.

The Agent works either directly or indirectly through the organized clubs in the city of Yuma and vicinity. Among these may be mentioned the Senior Delta Club; the Business and Professional Women's Club; the Yuma Mesa Club; the Junior Delta Club. In addition she is occasionally called on for help from the local chapter of the American Red Cross; the Women's Auxiliary of the American Legion; various church organizations; Camp Fire Council; District Federation of Women's Club; County Teacher's Organization; United Service Organization.

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C. Summary of Activities and Accomplishments, (Cont'd.)

(b) Form of Organization, (Cont'd.)

All Home Demonstration Clubs have a roster of members in the Agent's office and notices of meetings are sent to each member.

As nearly as possible, programs for the clubs have been planned on a yearly basis. The programs have partly stemmed from local leader meetings where work was given by Specialists and carried back to the individual clubs by the leaders and Agent. However, attention has been given to the requests of the clubs that have arisen other than these subjects and particularly this current year and the year before when we have been at war have Red Cross Sewing and such measures as conservation been included.

The work entails in addition to regular meetings, many home calls, telephone calls, conferences, publicity measures, etc.

As in past years, an effort has been made to supply home makers with the latest published material in the Home Demonstration field. As usual, this has been done through distribution of bulletins at meetings, etc. Material has also been mailed upon request. Such requests have greatly increased the past two years as compared with previous years.

Because of the local need, the Agent has continued to be leader for war emergency canteen instruction. In 1942, a group of rural and urban women completed a twenty-hour course in nutrition and one of like length in canteen with the Agent as instructor. This group remains organized for function in disaster.

The county newspaper continues to be most helpful in forwarding the work in the county. Special meetings have been announced and visits of the State workers to the county. The Agent has from time to time furnished articles as the need has arisen.

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C. Summary of Activities and Accomplishments, (Cont'd.)

(c) TABLE SHOWING PROGRAM AS PLANNED AND ACHIEVED IN YUMA COUNTY, 1943 - 1944

Projects	Nutrition and Health	Clothing, Family Economics, Parent Education and Community Life	The House, Furnishings and Surroundings	Community Activities
No. Groups Planned	11	11	7	11
	Gadsden Somerton Yuma Roll-Wellton Rood Sunnyside North Gila South Gila Yuma Mesa Crane Vicksburg Salome-Wenden	Gadsden Somerton Yuma Roll-Wellton Rood Sunnyside North Gila South Gila Yuma Mesa Crane Vicksburg Salome-Wenden	Gadsden Yuma Rood Sunnyside North Gila South Gila Yuma Mesa	Gadsden Somerton Yuma Roll-Wellton Rood Sunnyside North Gila South Gila Yuma Mesa Crane Vicksburg Salome-Wenden
No. Groups Achieved	11	11	7	11
Individuals Enrolled	475	512	378	525
Value in Aggregate	Improved Nutrition Standards; More food Preservation; Care for the Sick; Child Care; Cooperation with War Activities (Conservation, etc.)	Better Clothing Standards; Economic Gains (home sewing), Care of Clothing, Repair of Clothing, Cooperation with War Activities	Better Operated Homes; Economic Gains (care and repair of home furnishings); Cooperation with War Activities	Improved Farm Safety; Maintaining County Quotas; Etc.

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D. PROGRAM OF WORK

(a) FACTORS CONSIDERED AND METHODS USED IN DETERMINING PROGRAM OF WORK.

Following the policy of previous years and as previously stated, the Agent has made an effort to keep the program of work as nearly uniform as possible because it is realized that more effective work can be done if interests are not too divided. However, this effort has not interfered with the established plan of having programs result from conference with club leaders as well as other leading women in the county, and from constant queries put to women in attendance at the meetings as well as from constant study of local conditions.

Both this current year and last year, there have been an unusual number of modifications necessary because the women in the county have been anxious to conform to the war program. Then, too, the war has brought certain changes in home making. For instance, the lean markets in furniture and ready-to-wear clothing have greatly stepped up the rejuvenation of furniture and home sewing. All this has meant that groups of women are continually requesting instruction in re-upholstery, in the making of slip covers, in the making of dress forms, in garment construction work in cooperation with the Red Cross Chapter, etc. Because of these local needs, certain projects have been carried even though they have not been state projects.

However, with these modifications, there has been a continued interest in the local leader movement which began in Yuma County in the fall of 1939. Because of the many handicaps, it has functioned on a limited basis. This, of course, has been done in cooperation with the State staff and after plans have been formulated at the State conference for Home Demonstration workers. Because Yuma county has had Home Demonstration work since it was first inaugurated into Arizona and because pre-establishment discussion of the local leader movement had not met with favor, the Agent has, from the beginning, made a special effort to make the surroundings as pleasing as possible for an added appeal. Until the fall of 1943, meetings were held at the Agent's home and the social aspect was stressed. Last year, because it was necessary to curtail travel as much as possible, two new centers were established as follows:

- (1) Methodist Assembly Room in Somerton.
- (2) Water Users Office in Roll.

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D. Program of Work, (Cont'd.)

(a) Factors Considered and Methods Used in Determining
Program of Work, (Cont'd.)

However, even with this modification, difficulty of transportation and pressure of work at home have prohibited communities from being as completely represented at the local leader meetings as before the war. It has been before stated that distances in Yuma County are greater than in many other sections of the county. This supports the fact that women, even though much interested in the work, have, in many instances, found it necessary to save gas for bare necessities. In further support of the above, Yuma County rural women have, without exception, had added home responsibilities, not only because of labor shortage but also because of the large increase in population because of the army encampments. However, communities have been reached, if not by leaders, by the Agent. Clubs receiving the program of the Specialists are as follows: Roll-Wellton Home Demonstration Club; Gadsden Home Demonstration Club; North Gila Home Demonstration Club; Rood Home Demonstration Club; Sunnyside Home Demonstration Club; Crane and Yuma Mesa Home Demonstration Club; Somerton Women's Club; Senior Delta Club; Vi-Sa-Wen Club.

(b) INFLUENCE OF STATE AND NATIONAL AGRICULTURAL
AGENCIES

These agencies may be listed chiefly as: (1) Farm Bureau; (2) Farm Security Administration; (3) Agricultural Adjustment Administration. While Home Demonstration service in Yuma County is quite distinct from these agencies, yet there has not been a month when some correlation has not occurred. It comes naturally rather than from being planned.

The independence comes from the fact that the office of the Home Demonstration Agent is in her own home. This came about originally because of the crowded condition in the County Court House which did not permit suitable housing space. The present plan continues to be very satisfactory. She has her material organized for ready access and home conditions facilitate the working up of illustrative material, etc. The office is equipped with a telephone and the Agent is within working distance from the County Court House where the County Agricultural Agent has his office and where the Home Demonstration Agent goes for stenographic service and for conferences with the County Agricultural Agent.

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D. Program of Work, (Cont'd.)

(b) Influence of State and National Agricultural Agencies, (Cont'd.)

The Agricultural Adjustment Administration office is in the same room as the County Agricultural Agent and the Home Demonstration Agent relies in many instances upon the personnel of the AAA for information in the operation of her program. An example of this is that the Agent often checks her mailing list with the AAA list to facilitate accuracy. This is a decided help since Yuma County has a shifting population.

This current year has seen less formal contact between the Agent and the personnel of Agricultural Adjustment Administration than in previous years. The reason is that both the Agent and the F. S. A. Home Management Supervisor are well established in their work and the press of things to do has not left time. However, on several occasions the Agent has furnished bulletins upon request to the Supervisor and a very friendly relation exists. As previously explained, work at the F. S. A. Labor Camp has been done away with for the duration of the war.

It should here be mentioned, perhaps, that members of the Farm Security client families are a part of the membership of all Home Demonstration groups, whether adult or 4-H. The Agent knows this because of previous work with the Farm Security Administration, or because the individual tells it rather than from any questioning on her part.

Farm Bureau meetings in the county have been curtailed last year and this because of the war emergency. Even though she would very much have liked to do so, the Agent has not been privileged to attend those Farm Bureau meetings which have occurred, the reason being mileage expense. The Farm Bureau has been very cooperative with Home Demonstration work in the past. It has at times made contributions when funds were necessary.

(c) PROJECT ACTIVITIES AND RESULTS

I. ORGANIZATION

SUB-PROJECT A. - FARM ORGANIZATION

The town of Yuma is the center of interest for all the southern part of the county. Rural people without exception come to Yuma for shopping and a large percentage of them have business interests in Yuma. The civic interests of the town all have part membership from the rural communities. For this reason, in carrying out the program in Yuma County, the Agent has deemed it wise to consider the county as entirely rural.

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D. Program of Work, (Cont'd.)

(c) Project Activities and Results, (Cont'd.)

I. Organization, (Cont'd.)

Sub-Project A - Farm Organization, (Cont'd.)

The needs of the different communities are varied and so the Agent can in no way limit her services to being a specialist in one line of work.

There is a high percentage of very well educated women in the clubs with which she works so she must ever be on the alert that the material she gives is up-to-date and sound. This also operates to make the data given, adopted for use. The Agent finds that practices are quickly worked out by the groups in question to incorporate needs in a practical way. As a whole, the county is very reticent to do anything from a campaign angle, but people are serious minded and energetic in making the most of any opportunities for advancement which can be made practical. It is with this in mind that the Agent endeavors to make her program service really function.

A brief review of the neighborhood leadership movement in Yuma County is as follows: The first effort came in June 1942, as a means of getting county-wide practices for "Fire Prevention". Because the mimeograph material arrived from the state office after the extreme heat of summer had set in, and Home Demonstration Clubs had adjourned for the summer, it was necessary to arbitrarily select leaders from the Home Demonstration memberships on file in the office. One hundred and fifty women were selected and the material on "Fire Prevention" sent with the request that they talk the check sheet over with their neighbors. True to form, there was a poor written response. From inquiry it was determined that the leaders felt that when they had complied with the real purpose of the request their obligation had been fulfilled.

In August of 1942, the Agent attended the State Home Demonstration Conference in Prescott at which the procedure for the neighborhood leader movement was explained. Upon arriving back in Yuma, the Agent spent sometime in making detailed maps of Yuma County as background material, made several home visits to discuss methods of procedure with Home Demonstration Club officers, and definite plans were made for meetings early in September. The purpose of the meetings was to work out a system of neighborhood leaders, including all families in the communities involved.

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D. Program of Work, (Cont'd.)

(c) Project Activities and Results, (Cont'd.)

I. Organization, (Cont'd.)

Sub-Project A - Farm Organization, (Cont'd.)

Material on fat conservation arrived in August of 1942, before there was time for the meetings just referred to. The Agent consequently sent the material with a letter of explanation to each of the one hundred and fifty temporary leaders selected early in the summer.

Before sufficient time had elapsed, however, to complete meeting with Home Demonstration Clubs for completing the neighborhood leader system, word came from the state office that nothing further was to be done until the work could be initiated by the County Agricultural Agent. It was necessary, therefore to drop plans for the time being.

The middle of November, 1942, the neighborhood leader movement had its initiation, as such, in the county. The movement was introduced by Miss Jean Stewart, State Leader, Home Demonstration Work, assisted by Mrs. Craft, Regional Area Supervisor, Farm Security Administration. Plans were participated in by the County Agricultural Agent, the Home Demonstration Agent and the County Nutrition Committee. All the county was divided, using the neighborhood leader groups already worked out and supplementing to include urban as well as rural areas, "mopping up" the entire county.

The first campaign was "Share the Meat". Unfortunately it came at a time when it was practically impossible to buy meat of any kind in the markets, which made the program appear unnecessary and consequently silly.

Another distressing occurrence developed in the spring. There was no means of moving to collecting depots the surplus fat collected by local merchants in the interests of fat conservation. The Agent did everything she knew to bring this "bottleneck" to the attention of proper authorities. However until this current year, it was to no avail. A system has now been worked out but it still works a hardship on local merchants because of the mileage to collecting depots.

During the current year, the work on "Accident Prevention" sent to the County Agricultural Agent from the state office assumed first importance as a program which might be carried by the neighborhood leader organization. In this the Home Demonstration Agent was designated a co-operator. The material including a check sheet was mailed

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D. Program of Work, (Cont'd.)

(c) Project Activities and Results, (Cont'd.)

I. Organization, (Cont'd.)

Sub-Project A - Farm Organization, (Cont'd.)

to all rural areas by the County Agricultural Agent. Again there was a very poor written response and from inquiry the reason generally given was that any written return, however simple, appears formidable in these busy times. From discussion of "Accident Prevention" in all Home Demonstration Clubs it was the consensus of opinion that while programs on the subject do help in removing hazards, etc., still the personal equation makes it impossible for such programs to be entirely successful. An instance of this was a fire, this current year, in one of the garden apartments at the Farm Security Administration Labor Camps. Three children burned to death. While a fire hazard was undoubtedly partly to blame, still there must have been a lack of presence of mind among those at the scene of the tragedy.

So, it would seem, that the leadership movement is most often asked to assume responsibility for intangible subjects, where concrete results of benefits are very hard to determine. It is the conviction of the Agent that in all such programs a great deal of good has been done even though figures in the office do not always support such a statement. In Yuma County, for all such programs, a natural rather than a highly formal method of procedure, appears effective.

SUB-PROJECT B. - HOME ECONOMICS EXTENSION

As previously explained, the County Home Demonstration program, as much as is feasible, operates from the State Home Demonstration office which in turn operates from the Agricultural Extension office at the University of Arizona, Tucson. Yuma County is allowed its share of the services of the State Clothing Specialist, the Extension Nutritionist, and the State Leader of Boy and Girl Club Work. In addition, one visit was made to the county by the Extension Sociologist in the interest of Accident Prevention and Program Planning.

As previously told under C (b) work with adults in Yuma County is carried out in part by regularly organized clubs called "Home Demonstration Clubs". Because of war time activities and gas rationing it has not been possible to hold meetings as regularly as in other years. However a calendar of Home Demonstration Club meetings which were attended by the Agent during the year is as follows:

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D. Program of Work, (Cont'd.)

(c) Project Activities and Results, (Cont'd.)

I. Organization, (Cont'd.)

Sub-Project B - Home Economics Extension, (Cont'd.)

December:

- 8 - Gadsden Home Demonstration Club
- 9 - Roll-Wellton Home Demonstration Club
- 13 - South Gila Home Demonstration Club
- 14 - North Gila Home Demonstration Club
- 15 - Somerton vicinity and Yuma Mesa
Home Demonstration Club
- 16 - Rood Home Demonstration Club
- 21 - Sunnyside Home Demonstration Club

January:

- 3 - Rood Home Demonstration Club
- 10 - Somerton vicinity and Yuma Mesa Home
Demonstration Club
- 11 - North Gila Home Demonstration Club
- 12 - Gadsden Home Demonstration Club
- 18 - Sunnyside Home Demonstration Club
- 20 - Roll-Wellton Home Demonstration Club
- 24 - South Gila Home Demonstration Club

February:

- 1 - Sunnyside Home Demonstration Club
- 4 - Roll-Wellton Home Demonstration Club
- 8 - North Gila Home Demonstration Club
- 9 - Gadsden Home Demonstration Club
- 15 - Sunnyside Home Demonstration Club
- 17 - Roll-Wellton Home Demonstration Club
- 21 - South Gila Home Demonstration Club
- 29 - Somerton vicinity and Yuma Mesa Home
Demonstration Club

March:

- 6 - South Gila Home Demonstration Club
- 7 - Sunnyside Home Demonstration Club
- 8 - Gadsden Home Demonstration Club
- 13 - Somerton vicinity and Yuma Mesa
Home Demonstration Club
- 14 - North Gila Home Demonstration Club
- 21 - Roll-Wellton Home Demonstration Club
- 22 - Somerton vicinity and Yuma Mesa Home
Demonstration Club

April:

- 3 - South Gila Home Demonstration Club

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D. Program of Work, (Cont'd.)

(c) Project Activities and Results, (Cont'd.)

I. Organization, (Cont'd.)

Sub-Project B - Home Economics Extension, (Cont'd.)

April: (Cont'd.)

- 5 - Salome, Wenden, Vicksburg Home Demonstration Club
- 11 - North Gila Home Demonstration Club
- 12 - Gadsden Home Demonstration Club
- 13 - Roll-Wellton Home Demonstration Club
- 17 - Somerton vicinity and Yuma Mesa Home Demonstration Club
- 24 - Rood Home Demonstration Club
- 25 - Sunnyside Home Demonstration Club

May:

- 9 - North Gila Home Demonstration Club
- 10 - Gadsden Home Demonstration Club
- 17 - Somerton vicinity and Yuma Mesa Home Demonstration Club
- 18 - Roll-Wellton Home Demonstration Club
- 29 - South Gila Home Demonstration Club
- 30 - Sunnyside Home Demonstration Club

June:

- 19 - Somerton vicinity and Yuma Mesa Home Demonstration Club
- 20 - Gadsden Home Demonstration Club
- 23 - Sunnyside Home Demonstration Club
- 27 - North Gila Home Demonstration Club
- 28 - Roll-Wellton Home Demonstration Club

July:

- 3 - Somerton vicinity and Yuma Mesa Home Demonstration Club
- 12 - South Gila Home Demonstration Club
- 14 - Sunnyside Home Demonstration Club

August:

- 1 - Somerton vicinity and Yuma Mesa Home Demonstration Club
- 2 - South Gila Home Demonstration Club
- 11 - Sunnyside Home Demonstration Club

September:

- 6 - South Gila Home Demonstration Club
- 13 - Sunnyside Home Demonstration Club
- 19 - North Gila Home Demonstration Club
- 20 - Somerton vicinity and Yuma Mesa Home Demonstration Club

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D. Program of Work, (Cont'd.)

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I. Organization, (Cont'd.)

Sub-Project B - Home Economics Extension, (Cont'd.)

October:

- 3 - South Gila Home Demonstration Club
- 11 - Gadsden Home Demonstration Club
- 12 - Sunnyside Home Demonstration Club
- 13 - Somerton vicinity and Yuma Mesa Home
Demonstration Club
- 20 - Roll-Wellton Home Demonstration Club
- 31 - North Gila Home Demonstration Club

November:

- 8 - Gadsden Home Demonstration Club
- 10 - Somerton vicinity and Yuma Mesa Home
Demonstration Club
- 17 - South Gila Home Demonstration Club
- 21 - Sunnyside Home Demonstration Club
- 28 - North Gila Home Demonstration Club
- 29 - Salome, Wenden Vicksburg Home Demonstration
Club
- 30 - Rood Home Demonstration Club

The above clubs, as before mentioned, show a slight readjustment over previous years to make a somewhat more natural grouping. The Crane Club is now the Yuma Mesa, Crane Club. The Yuma Mesa, Sunnyside Club is now the Sunnyside Club. Of groups not specified as Home Demonstration Clubs, but with which the Agent has carried programs, may be mentioned: Business and Professional Women's Club; Red Cross Canteen; various church organizations in Yuma and Somerton; Red Cross Sewing Room; United Service Organization, etc.

HOME MAKER COUNCILS

As for the previous year, it has been impossible to have County wide home maker councils because of the tire and gas situation. The Agent has had to continue going from group to group for plans when necessary and has pooled the group decisions for a county decision. The Home Demonstration Agent has met individually with program committees from each Home Demonstration Club and has planned with them for the year for their particular Club. The Victory Year Book, supplied by the state office, has been used, the programs being filled in by committee members and then

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Home Maker Councils, (Cont'd.)

the books mailed to all club members. The books are still very popular and it is hoped that provision can be made to continue the custom.

Because of the great local need, at these committee meetings, it was decided to do Red Cross sewing whenever the regular program would permit.

SUB-PROJECT C - 4-H CLUBS

Organization

From December 1943 to the present time girls' 4-H Clubs in Yuma County have been in operation and have shown completions. These are as follows:

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Sub-Project C - 4-H Clubs, (Cont'd.)

<u>Clothing</u>	<u>Enrollment</u>	<u>Completions</u>
Crane	26	25
Gadsden	15	15
Rood	29	28
Roll	10	10
Sunnyside	21	20
Wellton	17	17
Somerton	31	29
Salome	5	5

Meal Planning

Rood	28	27
Gadsden	16	15
Crane	19	17
Salome	5	5
Somerton	11	8

Canning

Rood	10	10
Gadsden	12	11
Crane	8	8
Sunnyside	7	7

The figures are for enrollments in the various girls' projects. Obviously a number of girls were enrolled in more than one project and two clubs were combination meal planning and canning clubs. The number of 4-H girls carrying one or more projects during the year is 161. This figure does not, however, include girls who attended club meetings from one to three times, but who, for various reasons, did not become permanent club members. During the year there were approximately thirty such girls.

During the year, the Agent has spent approximately three-eighths of her time in 4-H Club Work. This represents an increase over all previous years. The reason has been that leaders have been unusually busy because of war emergencies and the Agent has been called on to help out. Even so, 4-H Leaders have given excellent conscientious service and the year has seen real progress in all the 4-H Club goals.

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I. Organization, (Cont'd.)

Sub-Project C - 4-H Clubs, (Cont'd.)

As before explained Victory Achievement Clubs were this current year, integrated into the regular school programs and so have not been listed as 4-H Clubs even though their work has continued.

State and National workers have been in the County in the interest of 4-H Club Work as follows:

May 3-4-5-, Mr. Kenneth McKee, State Leader of 4-H Club Work.

Purpose: 4-H Club Achievements.

September 13, Mr. O. W. Dishaw, Acting State Leader of 4-H Club Work.

Purpose: 4-H Club Judging and Supervision.

October 25-26th, Mr. K. W. Ingwalson, Regional Director of 4-H Club Work,

Mr. Kenneth McKee, State Leader of 4-H Club Work,

Purpose: 4-H Club Organization.

When work with girls clubs has been integrated with that of boy's clubs, the Home Demonstration Agent has shared the time of the State worker with the County Agricultural Agent. The total of such meetings shared has been nine with a total attendance of 311.

4-H Club Achievements were held in May as is the annual custom. In the various communities these were participated in by parents as well as club members. While exhibits showed the influence of the war by having garments which had been worn as soon as finished, etc, there was real enthusiasm for the work evidenced in all communities by both club members and leaders as well as parents.

Clothing Achievements were exhibited at Rood, Crane, Somerton, Gadsden, Wellton, Roll and Sunnyside. While the State Leader was in the county, it was not possible to visit the Salome Club in the northern part of the county. However,

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Sub-Project C - 4-H Clubs, (Cont'd.)

the Home Demonstration Agent had visited the Salome Club in April, at which time the girls had exhibited their sewing projects. The Agent consequently sent ribbons asking the leader to make awards.

Of special note, should be mentioned the achievement exercises at Sunnyside school. In addition to the achievement day at which quite extensive exhibits in 4-H garden produce, canning and clothing as well as livestock, poultry, etc., were shown, the school Commencement exercises featured 4-H. Included in these exercises, which took place at night in the school auditorium, was a 4-H Club program including two dress revues. Selected Club Members, some boys and some girls, told briefly of their projects. There was a dress revue for the younger girls and one for the eighth grade girls, both done very well under the direction of the clothing Leader. 4-H Club pins were awarded by the Home Demonstration Agent at the close of the program. It is to be regreted that, because of the shortage of teachers, Sunnyside school did not open this September. However, the children are attending Crane school and taking part in 4-H activities there. Also, the clothing Leader, is carrying on the work for the younger girls using her own home for a meeting place.

While Meal Planning work was not carried through as outlined in all the girl's clubs, each club enrolled in clothing did some work on food selection and used the bulletin "Health and Attractiveness" in their meetings.

Canning Club work has been carried as a Mother, daughter project and girls have canned more this year than in previous years.

During the summer months 4-H Club work centered around Meal Planning, canning and work with the older girls in clothing. Meal planning was very popular. Girls looked forward eagerly to meetings even when the summer heat was extreme. The new Meal planning bulletins have proved very usable and the girls are proud of them.

To round out the summer's work a 4-H Club Tea was held at the Agent's home in September. The occasion was

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limited to the older 4-H Club girls and their Leaders because of limited housing space. Clubs represented were as follows: Gadsden; Rood; Crane; Sunnyside; Wellton; Roll. Miss Lorene Dryden, State Clothing Specialist was in attendance. She came to judge Yuma County's entry in the Dress Revue Contest. There was a dress revue participated in by the girls at the Tea, from Gadsden, Rood and Sunnyside. The County winner's costume is being described under Clothing XIV D.

In September, Mr. Dishaw, Acting State Leader of 4-H Club work, spent one day in the county in the interest of 4-H Club achievements. At the time, the portfolio of Ann Rohrbough, County 4-H Girl's Record winner, was in the office. Mr. Dishaw and Mr. Moody, County Agricultural Agent, reviewed this entry and made some valuable suggestions to which Ann conformed. Since this time she has been named the State winner. Publicity from the State office on Ann's entry and which appeared in the "Yuma Daily Sun" is as follows:

"The Achievement book of Ann Rohrbough is 14" x 18" in size - it contains 54 pages that reflect 9 years of her life. The book, to describe it from a purely mechanical standpoint, which is hard to do, outlines 25 projects that Miss Rohrbough completed under 4-H guidance. It also tersely outlines the schedule of work that the girl performed at home while completing these projects. For example, methodically listed is 1,782 meals planned, prepared and served for a family of eight! She performed a major part of the household work of family planning, buying and selecting the clothing and other necessities. She also took care of four younger children in the family, and did a considerable amount of the farm work, helping to milk a string of 25 dairy cows with the assistance of mechanical milkers in a recent 4 month period. She has the equivalent of approximately one year outside work, mostly secretarial, bookkeeping and clerical, during the 9 years of her 4-H Club work. She cut and hauled wood, and performed every other chore that farm life means.

Miss Rohrbough's book is probably more carefully prepared than any ever presented in a 4-H contest. It contains samples of some of her needle work, swatches of material from almost all the suits, clothes and dresses she has made,

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copies of letters testifying to the performance of the work outlined, 50 or 60 blue and red ribbon awards, bronze and silver buttons for local and state fair honors and many photographs illustrating her 4-H work for the past 9 years."

Mr. Ingwalson, Regional Director of 4-H Club work and Mr. Kenneth McKee, State Leader of 4-H Club work were in Yuma County, October 25th and 26th. Because this was Mr. Ingwalson's initial visit to the county, the afternoon of the twenty-fifth, Mr. Moody explained the changes being made in office routine to better facilitate 4-H Club operation and took the group for a field trip to see the developments being made in Yuma County farm operations. In the evening, the group, including Mr. Moody, were guests at dinner at the Home Demonstration Agent's home. This was followed by a very worthwhile discussion of possibilities in the development of 4-H Club work in Yuma County. The morning of October 26th, the group went to the Rood community where a joint meeting was held of all Club Members and Leaders. Mr. Ingwalson made the talk of the morning telling of the development and possibilities of 4-H Club work. Both leaders and members were much interested and they were unanimous in their praise of Mr. Ingwalson. The Home Demonstration Agent feels that club work was strengthened, not only at Rood, but throughout the county by the visit of these 4-H Club representatives.

This fall, the Home Demonstration Agent has worked closely with the County Agricultural Agent in the reorganization of club work for the school year. They have visited schools together when feasible. This has included visits to the schools in the northern part of the county as follows: Salome; Wenden; Quartzsite.

SUB-PROJECT D - REPORTS

Reports from the Home Demonstration Agent's office take the form of a weekly outline; a monthly narrative and statistical report; an annual narrative and statistical report. Of the above, the one which continues to be most difficult to dispatch is the weekly outline. This continues to be because the Agent's time is quite taken up, a week seems to pass very quickly and, many times, the job at hand requires all her attention.

The Agent has a calendar outline where she writes down appointments and makes notes concerning meetings, etc. Reports are largely made from this calendar.

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XIII NUTRITION

The decided change from a peace time to a war time program in nutrition came in 1942. Since then, while effort has been expended in all major nutrition fields, the work of all groups has centered either directly or indirectly around war activities. While the current year has seen a slackening in the congestion, still effects of the large influx of military men are felt. In the vicinity of Yuma as far as Gadsden in the south, home makers are still renting part of their homes to army families. They still entertain army men, serve in army service centers or perform services for the men in their own homes. Yuma County home makers still have an increase in home responsibilities over pre-war days. Food production continues to bear evidence of being stepped. There is no longer need to urge people to plant victory gardens because wherever a spot can be found, where the soil and water conditions permit, a garden has been planted. During the current year there has easily been more home canning of food material, vegetables, fruits and meats, than in any year before. This has been helped because dealers, this year for the first time in quantity, have imported lugs of apricots, peaches, plums, etc., from California. Then, too, home makers have been on the alert to secure from local fields any surplus of vegetables for canning. These have included carrots, tomatoes, garden peas, cabbage, new potatoes, black eyed peas, and corn.

In one instance, eighty acres of fresh garden peas were thrown open to the public. Because of labor troubles, the growers decided not to harvest the peas and, before they got around to ploughing them under, there was time for two pickings. For about ten days, Yuma county housewives (more than a hundred in the field at one time) went to the field and picked peas by the bushel. The Agent made it her business to tell representatives from all communities so that they might pass the word along. The acreage amount canned by each housewife, from reports, was between forty and fifty pints. Because of this surplus, the Agent had sixteen office and telephone calls requesting canning information. She loaned the office pressure cooker three times for canning the peas, and, on one occasion she made a home visit to straighten out difficulties which the housewife was having with her pressure cooker.

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(c) Project Activities and Results, (Cont'd.)

XIII Nutrition, (Cont'd.)

Hot school lunches throughout the county have done a very good job in feeding school children. It is only to be regretted that a few schools have still not been able to work out plans for a lunch. The Agent is on very friendly terms with lunch room operators in all rural schools and has been able to help them with menus, recipes and suggestions for operation on various occasions during the year. In September, the principal of the Rood school, where there is not a school lunch, reported progress toward a lunch there. It appeared that the school board favored the lunch and that a woman with several years of experience in the Somerton school cafeteria had moved into the community who could be employed to operate the lunch. The Agent instructed the principal to write Mrs. Dorothea Long, State School Lunch Supervisor of Phoenix, for particulars. In October, Mrs. Long came to Yuma and together, the Agent and Mrs. Long made a field trip to the Rood school and called at the homes of the School Board in the interest of the school lunch. Tentative plans were made for Mrs. Long to appear before the Board at a future meeting.

There have continued to be a good many requests for help in infant feeding and child care. The Agent has served in the capacity of nutrition consultant and has dispersed on request the Children's Bureau bulletins on child care. The young woman acting as assistant director of the local United Service Organization reported to the Agent that a number of young mothers and expectant mothers, wives of the armed forces, had requested literature. Consequently, the Agent supplied the center with several copies of the bulletins on Pre-Natal Care and Infant Care. While every effort has been made to establish nutrition practices as advanced by the State Nutrition Staff, it has, however, been necessary to satisfy many requests of a miscellaneous nature as well. A description of the work is as follows:

SUB-PROJECT A - FOOD PRODUCTION

As before stated, the war has brought a great change in the vegetable marketing facilities in Yuma County. In pre-war days, our markets were abundant in both variety and amounts of fresh vegetables and at very reasonable, almost nominal cost. The change has been to the bad in all three instances. In view of this, during the last two years,

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(c) Project Activities and Results, (Cont'd.)

XIII Nutrition, (Cont'd.)

Sub-Project A - Food Production, (Cont'd.)

gardens have become very much the order of the day; that is, when they could at all be managed. While the Home Demonstration program in the matter of gardens continues to be purely subsidiary to that of the County Agricultural Agent program, yet definite things have been accomplished to stimulate production.

At the State Food Conservation Conference early in March, reports on broccoli revealed that it ranks very high nutritionally among garden vegetables and that it is particularly adapted for growing in the Yuma area. Upon the Agents return to Yuma County, she visited a number of victory gardens and, in every instance, found that broccoli was one of the vegetables being grown. It was of excellent quality. However inquiry revealed that the home makers knew little about it's use. Subsequently, the Agent reported on the nutritional value of broccoli to all Home Demonstration Clubs and, in two instances, gave a demonstration of cooking broccoli so that the Club Members might better become familiar with the correct cooking method.

Gardens reached their peak in number last year in the southern part of the county. This current year has seen this number of gardens maintained. However, home makers have learned much in wise planting for a balanced yield. This is true both for variety of vegetables planted and amounts planted. Neighborhood and club meeting discussions have been positive factors in this direction. Chief among vegetables grown have been: Tomatoes; garden peas; black eyed peas; beans of many varieties; broccoli; greens of many varieties; carrots; potatoes; squash; beets; cucumbers; corn; onions; okra; egg plant; peppers.

SUB-PROJECT B - FOOD PRESERVATION

In Yuma County, climatic conditions are such that, except for two months or less of severe summer heat in summer, fresh garden produce is available. This condition obviously changes the usual procedure for a planning budget system for food preservation. The practice is to preserve the surplus which occurs and to use it to supplement the fresh vegetables and citrus fruits of the long growing season. As before explained, such fruits as apricots,

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XIII Nutrition, (Cont'd.)

Sub-Project B - Food Preservation, (Cont'd.)

peaches, pears, plums, cherries are not grown to any extent locally. This current year is the first for large scale trucking of such fruits from California. Also many home makers in Yuma County go to orchards in California each year for the purpose of putting up such fruits for their own and friends use.

Increased interest in food preservation began to be induced in 1941 as soon as victory gardens began to create a surplus. In October of that year, meetings on canning were held under the auspices of Mrs. Lola Dugdem, Extension Nutritionist. In January 1942, a real interest in canning developed; the reason being that the fruit and vegetable growers association had a boom year with their large acreage, producing crisp, sweet, juicy carrots of a very high quality. In packing the carrots for shipment, many were left because of some non-conformity, while still of first grade quality. At this time the Agent gave a canning demonstration in Yuma with sixteen organizations represented and sixty women in attendance. After this, carrots, donated by the Association, were widely canned throughout the county. The following spring a large surplus of cabbage developed and the Home Demonstration office was instrumental in getting home makers to make kraut.

The year 1943 saw a large increase in the practice of canning in Yuma County with the Agent in the main disseminating canning information on request rather than through formal demonstrations. This was deemed the correct procedure by various program committees because of previous demonstrations and the easy access of printed directions. However, the Agent, on request acted as leader for eight neighborhood cannings and there were a total of four formal food preservation demonstrations given by the Agent, upon request, during the year of 1943.

Also during 1943, a large commercial field of tomatoes was turned down for shipping because, in some way, the grower had gotten a canning variety of tomato rather than a table variety and they would not ripen according to form in the secondary market. Several hundred bushels of ripe and green tomatoes were picked by housewives from all surrounding communities and canned as well as being

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(c) Project Activities and Results, (Cont'd.)

XIII Nutrition, (Cont'd.)

Sub-Project B - Food Preservation, (Cont'd.)

made into catsup, chili sauce, green tomato pickles, green tomato mince meat, etc. The Agent served by publicizing the presence of the tomatoes and by giving canning instructions.

The year 1943 also saw an effort to make the drying of vegetables in Yuma County practical. Dehydrators were built in farm communities and two result demonstrations conducted. While the dried products were fairly palatable yet, without exception, home makers preferred canned foods. Drying was not deemed of much practical use in Yuma County because surplus can better be conserved by canning. A possible exception may be the drying of figs. However, a special method must be used to prevent spoilage as follows:

Place the figs on trays in the sun protected from insects. (The figs should be separated from each other in single rows). Dry until they give in the hand when squeezed, not rattle. Then wash 20 minutes in cold water containing 4 ounces salt to each gallon of water. Dry again for one-half day. (The figs will plump again). Pile them up for a week or two to sweat, then pack in clean boxes or sterile jars and seal tightly to prevent further drying and to protect from insects.

In 1943, approximately one hundred new pressure canners were purchased in Yuma County. This has helped materially in the home canning of food materials. Some work was done in 1943, testing the accuracy of gauges for pressure cookers which had been in use for several years. A maximum registering thermometer belonging to the University was used. This current year this service has had to be discontinued because the thermometer was not available.

This current year has seen the practice of home canning in Yuma County reach a new high. This has been due to the following:

1. High point value of commercially canned foods.
2. Increase in California fruits trucked to Yuma.
3. Surplus from vegetable gardens.
4. Increase in number of pressure cookers in the County.

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(c) Project Activities and Results, (Cont'd.)

XIII Nutrition, (Cont'd.)

Sub-Project B - Food Preservation, (Cont'd.)

Because of the work done in previous years, the food preservation activities of the Home Demonstration Agent during the current year has been that of a consultant in methods, etc. Each month the Agent has answered numberless requests for information and has made home visits for supervision, etc. For instance: In January, the Agent had twenty-seven requests for information on meat canning and loaned the office pressure cooker on four occasions as well as making three home visits for personal help; In February, the Agent gave one formal meat canning demonstration to a neighborhood group, loaned the office pressure cooker on three occasions and gave additional instructions on four separate occasions as well as supplying bulletin material on meat canning; In March, the Agent conducted a round table discussion on canning at all Home Demonstration Club meetings developing the points brought out at the Food Conservation Conference held in Phoenix, March 2nd and 3rd. From reports received at these meetings, it was determined that there had not been an excessive amount of spoilage among Home Demonstration Club Members. The advantage of having as nearly a year round garden as possible was discussed and the consensus of opinion is that this is more practical than a large amount of canning; In April interest in canning shifted to vegetables and the Agent gave information on canning carrots, spinach and beets; In May the Agent gave one formal demonstration on canning, supervised two work meetings on canning, loaned the office pressure cooker for use and answered requests for canning information. Culling of flocks and canning of chicken began this month and home makers also made much kraut; In June canning information centered around tomatoes, black eyed peas and corn. Cucumber pickles were also made in good measure; July saw accelerated canning activities. Tomatoes, corn, figs headed the list of home grown food materials canned. There were many office calls for canning information on these products. Home makers also canned apricots even though they were not home grown and were expensive to buy by the lug; August saw increased canning activities largely because dealers imported lugs of apricots, peaches and plums from California. Every day the Agent answered

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(c) Project Activities and Results, (Cont'd.)

XIII Nutrition, (Cont'd.)

Sub-Project B - Food Preservation, (Cont'd.)

one or more inquiries concerning the canning of these fruits. There was also canning of tomatoes; During September home makers were busy taking care of the date crop and the agent answered inquiries by telephone and office calls concerning date preservation. The new bulletin from the University on the subject came to the office during the month and copies were mailed to Yuma County's entire mailing list; During October and November the Agent saw much home canned food. Whenever she went into the country she was confronted with some home maker who had done increased canning and who proudly displayed her wares. Illustrative of this was a home maker who had canned three hundred quarts of corn for her family and her neighbor and from all appearances it is excellent.

Before leaving the subject of Food Preservation, some explanation should be made of the practice of sharp freezing in Yuma County. A very few sharp freeze units were owned by Yuma County rural families in pre-war times. A number have been bought second-hand since the war began. Whenever the advice of the Home Demonstration Agent has been asked she has advised against purchase of units just now saying that it would be more advisable to wait until new post war models can be purchased. During 1943, the Agent sent the University literature on the sharp freezing of perishable food materials to fourteen home makers who requested it. This year there were twenty-one such requests responded to. Last year one formal demonstration was given upon request at which chicken, garden peas, and peaches were prepared for freezing as well as discussing the whys and wherefores of sharp freezing. This current year no such demonstrations have been given.

SUB-PROJECT C - FOOD SELECTION

Emphasis has been placed upon Food Selection by means of adult and girl's 4-H Club meetings; through a meeting sponsored by the Yuma Red Cross Canteen; through neighborhood leaders; through newspaper articles and circular letters.

While this current year has seen interest in food selection largely center around the adjustments which rationing has brought, still work has been successfully carried through in the interest of nutrition as such.

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(c) Project Activities and Results, (Cont'd.)

I.

XIII Nutrition, (Cont'd.)

Sub-Project C - Food Selection, (Cont'd.)

Yuma County has, perhaps, had to face a more severe shortage in physicians than other areas in Arizona. Even in pre-war days there were so few physicians that they were each called on to work long hours and to handle more than their quota of patients. Since the war, the number of physicians have been reduced more than half. This added to the fact that the population of Yuma and vicinity has greatly increased, has made the situation critical. It was deemed of importance to make suggestions for helping home makers with the care of sick as far as nutrition is concerned.

Since the State Extension Nutritionist resigned her position before the regularly scheduled time for her to come to Yuma County, it fell to the task of Miss Jean Stewart, State Leader, to fill the engagement. Yuma County Leaders were very happy to have Miss Stewart because they knew her previous experience had peculiarly fitted her for the job. That is, Miss Stewart, served for some time as a hospital dietitian in California.

The meetings took place the first week in February and the usual procedure was followed of having a local leader meeting for all clubs in the southern part of the county at the Methodist Assembly Room in Somerton and, because of gas rationing, a special meeting for women of the Roll-Wellton area, at Roll. These meetings began at ten o'clock in the morning and lasted until four o'clock in the afternoon. Subject matter centered around mimeograph material compiled by Miss Stewart and featured a study of liquid, soft and light diets. The importance of remembering the seven basic food groups, for feeding the sick as well as the well, was stressed. It was also made plain that directions for care of the sick, including food selection, should be given by a physician, and that the effort of the meeting was to learn to interpret and carry out such directions. The demonstration, with which the women in attendance at the meeting helped, included the preparation of such foods as cereal gruel, fresh spinach tomboles, floating island, baked meringues, and melba toast with scraped beef. Three sick trays were set up, one representing each type of diet. Special attention was given to attractiveness in immaculateness, in selection of china, in special points of interest as favors, etc.

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(c) Project Activities and Results, (Cont'd.)

XIII Nutrition, (Cont'd.)

Sub-Project C - Food Selection, (Cont'd.)

Following the above demonstrations, meetings were held on "Food for the Sick" cooperatively by the Agent and the Leaders in attendance at the local leader meetings. Clubs thus contacted were the following: Gadsden Home Demonstration Club; Sunnyside Home Demonstration Club; North Gila Home Demonstration Club; South Gila Home Demonstration Club; Rood and Crane Home Demonstration Clubs. In all cases the work was well received and the women expressed themselves as feeling that the subject was practical and timely.

The Agent originally planned to present the subject of "Food for the Sick" to the Vi-Sa-Wen Club in Salome. However her plans were unavoidably changed and the literature, with a letter of explanation for the meeting, was sent the President instead. A reply from the President told that the literature had been reviewed at the club meeting and well received.

While it has not been possible to get accurate data on the actual adoption of home practices from these meetings, yet from inquiry at club meetings, the Agent knows that it is being used in all communities where given. The character of the work is such that its good effects will be felt for years to come.

The Red Cross Canteen group in Yuma was originally organized as a war emergency organization and as such received their course of instructions in both nutrition and canteen work. Since the possibilities of work as a war emergency organization are limited in Yuma, the members felt that they should be doing something from an educational angle. A meeting was held and it was decided to sponsor a program for the public in Yuma and vicinity on the subject "Food in War Time." After plans were developed and publicity given through posters, radio and press, the meeting was held in the Masonic Temple in Yuma on the evening of April 19th. It fell to the Agent's lot to give the demonstrations which centered around the chart, "Seven Basic Foods". However, there was included some of the subject matter from "Food for the Sick", and the three trays for serving meals to the sick were set up. The meeting closed with showing the movie, "Food in War Time".

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D. Program of Work, (Cont'd.)

(c) Project Activities and Results, (Cont'd.)

XIII Nutrition, (Cont'd.)

Sub-Project C - Food Selection, (Cont'd.)

At the meeting canteen members acted as hostesses. Approximately forty home makers attended and those who came expressed themselves as having received much help in food selection.

Home Demonstration Clubs have had meetings on point saving meals during this current year. At these meetings the University bulletin on point saving meals was distributed as well as the government bulletin on the seven basic food groups. A day's menu, as suggested on the second page of the University bulletin, "Point Saving Meals", was checked with the seven basic foods to determine the adequacy or inadequacy in the day's meals. It was gratifying to note that, at each meeting, the women showed a very good grasp of the foundations of nutrition.

Under the heading of Food Selection should certainly be told the activities of 4-H Meal Planning Clubs. While during the school year, clubs have been limited to centers where there is some laboratory facilities, this summer, the Agent was able to sponsor work on a wider scale. In three centers, meetings were held once a week and were carried throughout the summer. The girls attended regularly and worked eagerly and enthusiastically at the meetings. They also reported on home activities. Quite a little credit for the increase in interest should be given to the new Meal Planning Club bulletins. The girls have found them very usable and worthwhile. At the meeting very good demonstrations were given on food preparation, on table setting and on dish washing. The girls were drilled on the "seven basic food" groupings. While Yuma County did not enter the Dairy Foods Demonstration contest this current year, still there is much potential material for such a contest another year.

SUB-PROJECT D - FOOD PREPARATION

Since food preparation work has been interwoven with food selection, it is a little difficult to treat it separately. However there are certain things which fall distinctly under the head of preparation. An illustration of this is one meeting of the North Gila

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D. Program of Work, (Cont'd.)

(c) Project Activities and Results, (Cont'd.)

XIII Nutrition, (Cont'd.)

Sub-Project D - Food Preparation, (Cont'd.)

Home Demonstration Club. The members had said that they were unsuccessful with the making of dumplings, consequently, the Agent prepared a demonstration including a brief discussion of batters and doughs followed by the preparation of dumplings both with and without the use of egg. Later the Club Members reported that they had been successful in the making of dumplings at home.

During December there was interest in Christmas candy and cakes. Women had saved up their sugar for several months so as to be able to have some for Christmas cooking. The Agent disseminated a few tried and true recipes for stretching sugar. Two work meetings were held for the making of Christmas candies. In previous years, such meetings had featured the making of fondant candies. This year, divinity fudge and nut brittles were made because with these candies sugar goes further.

At all home demonstration clubs, there has been a discussion of the use of Soy Bean Flour. Upon request, the Agent gave one demonstration, preparing quick breads with the use of Soy Bean Flour.

As in previous years, there have been certain instances when the Home Demonstration Agent has been called on to cooperate with food preparation on a large scale. Two of these for the current year are as follows:

In April, the Gadsden Home Demonstration Club served as hostess to the District Federation of Women's Clubs spring meeting. It included serving a luncheon to the group in the Gadsden Club House. The Agent worked with the Home Demonstration Club members both in planning for the luncheon and with the actual preparation and service.

In May, the American Legion Auxiliary had a Mother's day Tea at the U.S.O. center. All mothers in the southern part of the county as well as the service men in the community were invited. Preparation was made for two hundred people and the Agent was asked to advise with the committee. She consequently attended a planning meeting and supervised a committee in the actual preparation of sandwiches.

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D. Program of Work, (Cont'd.)

(c) Project Activities and Results, (Cont'd.)

XIII Nutrition, (Cont'd.)

Sub-Project D - Food Preparation, (Cont'd.)

There have been instances each month during the year when the Agent has helped out with Food Preparation work. Sometimes this has been given individual club members, sometimes with club committees, sometimes with clubs as a whole, sometimes with school lunch cooks.

In addition to actual preparation, the Agent has helped with such school lunch problems as the following: At Crane, the woman in charge, asked the Agent to investigate the new ruling for ration points. The Agent visited the ration board and supplied the woman in charge with the necessary information. As a result, food preparation work at the center was improved because of a more liberal allowance.

Before closing the subject of Food Preparation, mention should be made of the fact that 4-H Meal Planning girls have had actual experience in the preparation of such foods as; biscuit; muffins; butter cakes; soups; salads; casserole dishes; beverages; etc.

In no phase of Home Demonstration work does the Agent find better evidence of spread of influence from previous years' teachings than in Food Preparation. This is serving to make meal preparation less difficult in these days of rationing.

XIV CLOTHING

As in other programs the Clothing work, both this current year and last year, has been largely influenced by the war. There has continued to be stepped-up interest in home sewing because of difficulties in meeting the familys' clothing needs in ready-to-wear. Women have sewed for themselves with increasing frequency. The Agent has been called upon to give instructions in sewing techniques, in make-over planning, in dress form making, etc. 4-H Club girls have in many instances done extensive sewing for themselves and their families. In almost all cases girls have made a real effort to help with home sewing. Some Home Demonstration and 4-H Clothing Clubs have met a local need by doing Red Cross sewing. The State Clothing Specialist

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(c) Project Activities and Results, (Cont'd.)

XIV Clothing, (Cont'd.)

has conducted a leader meeting on Clothing Storage.

Since the program of the Home Demonstration agent has been a full one, whenever clothing work could be carried by local leaders, the policy has continued of meeting with clubs largely for initiating a project and otherwise of letting them carry programs by themselves. This has been particularly true of Red Cross sewing work and Christmas toy making.

SUB-PROJECT A - SELECTION

It seems scarcely representative of a program to isolate one year's work because a long time schedule must be made in order to cover a subject and the actual use of material presented extends over a several year period. For this reason, the work on "Care of Clothing" presented by the Clothing Specialist in Yuma County is being told.

In February, 1942, the Specialist presented the subject "Identification of Fibers" at a local leader meeting. The subject matter was conscientiously studied by the local leaders and with the help of the Home Demonstration Agent was given to all Home Demonstration and affiliated clubs in the southern part of the County. While this work was given two years ago, its use is still very evident among club members and has worked to make not only club members, but also other women with whom they associate, more intelligent buyers and more skillful in the care of clothing. While there were no formal demonstrations on the subject this current year, the Agent has answered inquiries on the subject and has found practices adopted in every community where Home Demonstration Agent work is carried. It can truly be said that "Yuma County has become acetate rayon conscious" because of this work.

Selection, as such has this current year had a right about face because there has been such limited choice of materials in the local stores. Children's clothing has been very difficult, but all clothing including yardage has been obtainable on a limited scale only. Forecasts of market conditions haven't been advisable because of the patriotic "share and share alike" policy. All and all it has not been a year for formal

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XIV Clothing, (Cont'd.)

Sub-Project A - Selection, (Cont'd.)

demonstrations in Clothing Selection, but a time for individual helps in intelligently caring for whatever clothing materials were available.

Attention has been given to selection of clothing in 4-H Clothing Club work. In all clubs the Health and Attractiveness bulletin, published by the University, has been studied including its suggestions on selection of clothing. Girls have been led to give thought to durability, to laundering, to appropriateness and becomingness when selecting materials for dresses, etc.

SUB-PROJECT B - CONSTRUCTION

Clothing construction seems always to have been the phase of clothing work demanding the major portion of attention from the Home Demonstration Agent and this year has been no exception. There has been as a matter of fact increased activity in home sewing from necessity, as before explained.

In December, there were five Home Demonstration Club meetings devoted to the actual making of stuffed toys. Oilcloth and cloth toys were popular because of the shortage in the stores. All these meetings had their spread of influence and many reports were received from home makers who made toys at home, following suggestions made and patterns given out at the meetings.

In January, Miss Bertha Virmond of Cochise County sent the Agent the pattern and sample kangaroo which had been very popular in her county as a home made toy Christmas gift. The Agent drew off the pattern and made her own toy for illustrative material. The kangaroos were popular with all groups and Home Demonstration Clubs began meeting for the purpose of making the toy. Requests for the pattern and directions for making were supplied to different individuals each month until September when there was again "stepped up" interest looking forward to the coming Christmas season. During September, October and November there were a total of seven meetings on the subject of making toys including kangaroos, a stuffed horse and the stuffed toys from patterns of former years.

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(c) Project Activities and Results, (Cont'd.)

XIV Clothing, (Cont'd.)

Sub-Project B - Construction, (Cont'd.)

As previously explained there has been "stepped-up" interest in home sewing. In October of 1943, the State Clothing Specialist came to the county for leader meetings on "Dress Making". The emphasis of these meetings was on proper scheduling of work for good results and time saving. In preparation one leader from each meeting brought a shirtmaker dress for herself ready for the first fitting; that is, the dress was cut, all lengthwise seams basted, and all cross-wise seams pinned. At the meeting, the dress was carried through the second fitting stage; that is, all length-wise seams stitched and all cross-wise seams basted. The work, as nearly as possible, was kept to two trips to the sewing machine and two trips to the ironing board as an example of proper scheduling. At these meetings plans were made with the women for "Dress Making Schools" affording opportunity for each woman who attended to make a dress.

These above schools were planned for March of this current year and were to have been under the supervision of the State Clothing Specialist. However, subsequent to the plans, the Specialist was granted educational leave so the Agent took over for the meetings. Seven communities were reached through the schools. Four days were involved, two days for each center with one day intervening. As nearly as possible the method of procedure used at the previous "Dress Making" meetings were used. In all, fourteen dresses were made. Most of these were cut at the meeting and carried to practical completion in the two day period. During the intervening day, the women did some work at home. Points developed included: pattern testing; cutting; tailor's tacks; pressing; first and second fittings (this involved a good many special points which were worked out round table discussion fashion); bound button holes; interlining belts; pockets; collars; etc. Very good looking dresses were made and everyone seemed very proud of their dress. Women expressed themselves as finding it a big advantage to work together. At both meetings there were abundant sewing machines and two sets of pressing equipment.

Interest in home sewing has continued with meetings held. In one instance, the Agent conducted an all day dress making meeting with a group not represented at the above schools.

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(c) Project Activities and Results, (Cont'd.)

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Sub-Project B - Construction, (Cont'd.)

This meeting centered around the cutting and making of a brown moire silk suit. However, since some of the women brought other things, the day's program included cutting two print dresses at one time and the making of a boy's shirt. The suit was near completion when the meeting was over. The owner had purchased the moire silk at a fire sale more than two years previous. It was in first class condition but the total cost had been approximately two dollars. The finished suit could not be purchased this current year for less than thirty-five dollars.

On another occasion a rural group got together to help out the hostess who had been given some Chinese silk material and was afraid to attempt it on her own. The Agent followed the plan of work established by the Clothing Specialist. The pattern was first tested for fit as a demonstration. The group then cut the dress, tailor-tacked all perforations, etc. The plan of getting the garment ready for a first fitting and a second fitting was closely adhered to. At the end of the day the dress had just had its second fitting, and tailored button holes had been made up the entire front. The dress was very good looking.

The Agent has been called on for individual help with cutting and fitting problems. For instance one rural home maker came to the Agent's office with some wide striped material which she was afraid to cut because she feared she could not match the stripes. The Agent explained the method and then supervised the cutting. This home maker was finding it necessary to do her own dress making because she could not satisfactorily buy ready-to-wear.

In the instance of the Wenden, Salome, Vicksburg Club in the northern part of the county, one clothing construction meeting was held at which such techniques as the making of button holes, scallops, belt interlinings were actually demonstrated.

The Agent has had seven reports of neighborhood meetings on dress making when the techniques as taught in the leader meetings were used.

In Addition, women have worked individually, an instance of which is as follows: One of the local leaders

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who attended the leader meetings afterwards made a coat and suit for herself. She was aided by a paper dress form and a home-made pressing outfit both of which had been made at Home Demonstration Club meetings. The Agent visited the leader's home while the coat and suit making were in process to council with her on techniques.

Previously, the Agent has stated, that the county program has been made to conform with the state program when at all feasible. An exception to this is the work with the making of paper dress forms. To justify the project this current year, a brief explanation of its development in the county is here given:

Since the Agent came to the county in December, 1935, there have been repeated requests for demonstrations in the making of paper dress forms. The Agent reported these requests as they came in, to the State Office. However, other requests were deemed of greater importance, so leader meetings were not held.

In 1942 members of the Rood Home Demonstration Club reported that the Bard Extension Club (belonged at the time to the Imperial County, California, Extension Service) were making paper dress forms. A group of their members had attended a dress form local leader meeting held under the auspices of the Berkeley Extension Service. These women offered to give a demonstration before the Rood Club.

Subsequently, the Agent reported the incident to the State Leader of Home Demonstration work. It was agreed that the Bard ladies should give the demonstration. The demonstration was given and afterwards, and until the present, dress form making has been very popular.

The Home Demonstration Agent had had considerable experience with the direction of making dress forms while an Extension worker in Iowa, so the details came readily to mind. At first it was thought that the project could be carried through local leaders. After several meetings when the Agent was not in attendance it became evident that to secure good results required speed and precision in making and dispatch in scheduling. These results the leaders found difficult to secure. Afterwards, the Agent was

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Sub-Project B - Construction, (Cont'd.)

present at meetings if at all possible.

It is interesting to note that the Bard Extension Club has been non-existent for two years. This current year, two of their former club members visited one of Yuma County's dress form meetings. They expressed themselves that the finished dress forms were more successfully made than when local leaders were depended on for the entire direction.

This current year the following communities have been reached with dress form meetings: South Gila; Crane; Yuma Mesa; Salome.

This fall, the Yuma Mesa and Somerton vicinity Clubs, grew quite insistent to do glove making. The Agent was successful in obtaining some "Pig labretta" glove skins in natural color and two glove making meetings have been held. In addition the Agent has answered questions during the year including the supplying of patterns and information on some techniques not clearly remembered. As time is made available, there is undoubtedly a field for work in glove making among Extension Clubs in Arizona.

Under Clothing Construction must be mentioned the Red Cross Sewing program which has been carried as a part of the Extension program for the past two years. This came about initially because the home maker in charge of production work at the Yuma County Chapter had, before moving to town, been a Home Demonstration Club member and knew of the potentialities of the Clubs. In May of 1943, she came to the Agent explaining that because of the many special demands made upon the chapter, it was falling behind in its quota, and asked the help of the Home Demonstration Club. Consequently a system was worked out whereby the Agent supplied the club with materials from the Red Cross rooms and acted as explainer for the workmanship. The club secretaries have kept account of materials so that it could all be returned. In the two years, the work has proven to be a very good means of teaching sewing techniques. Women have come to meetings who knew little about garment construction and they have gained confidence and knowledge for home sewing. At all such

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XIV Clothing, (Cont'd.)

Sub-Project B - Construction, (Cont'd.)

meetings attended by the Agent, some time has been given over to discussion of recent extension publications and to answering questions of a miscellaneous nature relative to home making. To permit time for both programs, all-day meetings have been held when feasible. A roster of the number of such meetings by months is the following:

December - Two Home Demonstration Club Meetings.
January - Three Home Demonstration Club Meetings.
February - Four Home Demonstration Club Meetings.
March - Three Home Demonstration Club Meetings.
April - Three Home Demonstration Club Meetings.
May - Three Home Demonstration Club Meetings.
June - Three Home Demonstration Club Meetings.
July - Three Home Demonstration Club Meetings.
August - One Home Demonstration Club Meeting.
September - One Home Demonstration Club Meeting.
October - Two Home Demonstration Club Meetings.

SUB-PROJECT C - ECONOMICS

Clothing Economics has been carried for several years under the guidance of the State Clothing Specialist and under the caption of "Care of Clothing Series". The first of the series, namely "Identification of Fibres" has been reported under selection of clothing. The second of the series comprised a local leader meeting on "Laundering Techniques" with subsequent community meetings. The third was on "Dry Cleaning" which included a demonstration of the use of home made pressing equipment. Then came two county wide programs on mending. All of these programs have just preceded the current year but their teachings are at present being used by Yuma County Home Demonstration Club members.

This current year the "Care of Clothing Series" has branched out into Clothing Storage. During October Miss Lorene Dryden, State Clothing Specialist was in Yuma County at which time one local leader meeting and one Home Demonstration Club meeting was held on the subject. The Manual Training centers at Somerton and at the Mohawk School in Roll were chosen as meeting places because they afforded the use of shop equipment.

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D. Program of Work, (Cont'd.)

(c) Project Activities and Results, (Cont'd.)

XIV Clothing, (Cont'd.)

Sub-Project C - Economics, (Cont'd.)

The phase of storage chosen for discussion was storage of shoes and sewing equipment. The Specialist brought along illustrative material in the form of shoe racks and portable sewing cabinets and after a discussion period, the women chose differently to make floor shoe racks, a door shoe rack, and portable sewing cabinets. In Somerton a follow-up meeting was held in November at which an additional number of the above articles were made. The women reported good use of all articles. There has not been opportunity to return to the Roll-Wellton area but, from the Somerton meeting, two home makers have shown the Agent large portable sewing cabinets. These have been made since the meeting. They are both excellent products. One home maker has screened in her front porch successfully saying that she gained the courage to tackle the job at the local leader meeting.

SUB-PROJECT D - 4-H CLUB CLOTHING

Again it can be said that a very good year's work has been accomplished in 4-H Club Clothing. All clubs have finished their year's work with a good percentage of completions. Leaders have done splendid service and 4-H Club girls have gained in confidence and abilities in clothing work.

The Sunnyside 4-H Clothing Club has done excellent work largely through the splendid efforts of their leader. She gave one day each week to 4-H Club work, riding the school bus to the school in the morning and returning on the bus in the evening. The Club girls were divided into three groups for work and then came together for a brief meeting. In this way, the leader was better able to guide the girls in their projects and, as a result, the clothing work of the club as a whole, was superior. In addition to their regular projects, the girls did some Red Cross sewing. It is to be regretted that the Sunnyside School did not open this fall because of a teacher shortage. The older girls in the club are continuing their 4-H work at Crane. For the younger girls, the Sunnyside leader has moved the two sewing machines belonging to the club, to her own home. The girls are continuing their meetings. The Sunnyside

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(c) Project Activities and Results, (Cont'd.)

XIV Clothing, (Cont'd.)

Sub-Project D - 4-H Club Clothing, (Cont'd.)

Club had a representative in the Dress Revue held this fall. She made a very attractive "best dress" costume of a very becoming flowered rayon jersey. At present she is but fourteen years of age and is very good future material for either the Clothing Achievement or Dress Revue Contest.

The Rood 4-H Clothing Club has been fortified not only by a good leader but by an interested and able school principal and by several mothers who have been active co-operators. The leader was a Home Economics graduate and so clothing techniques were carefully applied. From this club, there were two dress revue girls. One costume was a black and white checked cotton school dress trimmed in red. It represented but one of many dresses made by this club girl. She sews both for herself and for her sister, who is employed. The other costume included a dress made of Alice blue gabardine and trimmed with saddle stitching in white. Both of these girls have more than average ability and every effort will be made to have them continue in club work both for themselves and as Junior Leaders.

The Gadsden Club always comes through with representative work and this year has been no exception. Both the community and the school are solidly behind the program. Yuma County's Dress Revue winner this year came from the Gadsden Club. While she did not win in state competition, she was a runner up, and the county is very proud of her. She has been a 4-H Club girl for six years during which time she has completed the following projects: clothing, 4 yrs; Meal Planning, 2 yrs; canning, 1 yr; Victory Achievement, 2 yrs. Her costume included a sport dress and slip. The dress was of watermelon red strutter cloth trimmed with white saddle stitching. She wore a small white felt hat and white street shoes. The workmanship on her costume was very good, the color was most becoming to her brunette type and she wore the costume very well indeed.

It seems hardly necessary to single all clubs out for comment but suffice it to say that 4-H Clothing Club work has been in addition to the above, at Somerton, Crane, Wellton, Roll and Salome communities and that all have shown completions.

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D. Program of Work, (Cont'd.)

(c) Project Activities and Results, (Cont'd.)

XIV Clothing, (Cont'd.)

Sub-Project D - 4-H Club Clothing, (Cont'd.)

The Agent kept in close touch with all leaders during the year counseling with them concerning techniques, etc., and giving help with sewing machine problems, materials, etc. In one instance, the girls worked up a demonstration for a local function. The Agent, after planning with the group worked out a set of wall charts and a frame for mounting material. These were used as illustrative material for the demonstration.

During May, three meetings on slip covers were supervised resulting in two davenports, two occasional chairs, and six dining room chair seats covered.

A portable sewing machine, which is a part of office equipment has been loaned to clubs, when needed, throughout the year. In one instance, she negotiated with the Superintendent of Schools in Yuma, to have an unused sewing machine put in repair and transported to a rural school for 4-H Club use.

XV HOME MANAGEMENT

SUB-PROJECT A - SELECTION

As in previous years household accounts and budgets have been discussed, round table fashion, at some meeting of all Home Demonstration Clubs during the year. As nearly as the Agent can ascertain, all rural families are keeping accounts. However, most of them continue to prefer following their own methods and the wall calendar continues to be a favorite method of jotting down expenditures. As a matter of fact, during the year, just one home maker has requested the government Household Account Book. Only a small percentage of Home Demonstration Club members actually make a budget for the year. The consensus of opinion is that it is more difficult to predict expenses at present than in previous years.

This current year, more than in any previous year, the agent has acted as consultant in home furnishings. She has advised homemakers on selection of material for re-upholstery and slip covers, for drapes, on equipment, arrangement of furniture, etc.

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D. Program of Work, (Cont'd.)

(c) Project Activities and Results, (Cont'd.)

XV Home Management, (Cont'd.)

SUB-PROJECT B - CONSTRUCTION

Wartime scarcity of furniture together with the large increase in population in Yuma County have greatly stimulated the practice of furniture rejuvenation. Not only have home makers been "fixing up" every bit of spare space in their homes so as to accommodate one or more additional persons, but they have had to rejuvenate their furniture because they could not satisfactorily buy new. Fortunately, Home Demonstration Clubs have been working with upholstery and slip covers for a good many years, so there is a good share of experienced information on the subject in all communities. Because of a full program, the Agent has personally supervised work meetings only when it was necessary to maintain standards. The meetings personally supervised represent only a small percent of the work accomplished. A schedule of the Agent's activities is as follows:

In December one meeting in the South Gila Valley resulted in one davenport and one chair being re-upholstered.

During January one planned meeting was held in the vicinity of Yuma. Another meeting, originally planned by a local leader, came to the Agent's attention because the group got into difficulties with a winged chair. The Agent carried the group through to successful completion. It developed that this local leader had helped a number of her friends without reporting it. The Agent had held an upholstery meeting at the leader's home some four years ago.

In February the Sunnyside Home Demonstration Club sponsored a meeting which involved the entire rebuilding of a set of furniture. Results were good and women in the community have since done two sets to the Agent's knowledge.

In March the Gadsden Home Demonstration Club sponsored a meeting in one of the member's homes. Slip covers for a chair and a davenport were made. It was a good job and included a box plaited ruffle around both pieces of furniture.

During April, one rural home maker needed the springs retied in her davenport set. She consulted the local firm doing such work and was given the figure of six dollars and

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(c) Project Activities and Results, (Cont'd.)

XV Home Management, (Cont'd.)

Sub-Project B - Construction, (Cont'd.)

a quarter (\$6.25) for each cushion with the privilege of keeping all extra springs. The home maker consulted the Agent. Together they opened up one of the cushions and the Agent demonstrated the procedure. Subsequently the home maker successfully completed the cushions in a little more than a day's time.

In June, the Agent spent three days in Phoenix at a Home Furnishing Conference with the Instructor in Home Furnishing from the University in charge. The program consisted of personal conferences and of attending on alternate days a school on slip covers and one morning a home furnishing planning meeting.

Since returning to Yuma County, the Agent has used the suggestions received at the conference in the meetings which have occurred each month.

All in all, there is probably no phase of Home Demonstration work that brings as much satisfaction as does this furniture rejuvenation. The dollars and cents savings are substantial and the aesthetic and comfort aspects are very good.

During the year one all day meeting on mattress making resulted in two mattresses completed. A computation of cost showed that there had been a sixty per cent saving as compared with a commercial mattress of equal quality. Then, too, at the time it was difficult to secure good mattresses at any price.

Along with the work on slip covers and reupholstery of furniture have come requests for instructions in the making of drapes. The Agent has held a total of four all day meetings in as many communities when lined draperies were actually made. There has been reports from fifteen Home Demonstration Club members that drapes have been made. Upon the Agent's return from the Phoenix Conference in June, the Agent reported to all Home Demonstration Clubs the method of making drapes presented at the Conference.

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(c) Project Activities and Results, (Cont'd.)

XV Home Management, (Cont'd.)

Sub-Project B - Construction, (Cont'd.)

Soap making has been practiced among Home Demonstration Club members this current year. This has been stimulated by the difficulty of buying soap in local markets. In response to urgent requests, the Agent has passed mimeographed directions using borax, ammonia and citronella in addition to the regular ingredients. Women reported that the recipe is much of an improvement over the recipe printed on the lye can. There have been two formal demonstrations of soap making.

The Agent has responded to requests for the formula on "hand lotion". This lotion was introduced several years ago by the Home Management Specialist and is popular just now because of its successful use and because of the expense of commercial lotions.

XVI HEALTH

As in previous years health has not been treated as a separate project, but has rather been integrated into all work presented, both Adult and 4-H Club, in nutrition, clothing, home management.

XVIII COMMUNITY ACTIVITIES

SUB-PROJECT A - RELATED AGENCIES

Related agencies may be listed as the following:

American Red Cross; United Service Organization; Business and Professional Women's Club; Iota Chapter of Delta Kappa Gamma; War Service Committees; Southwest District Federation of Women's Clubs; Church Organizations; Yuma Music Club.

Cooperation with the American Red Cross has included work in behalf of the canteen and sewing activities, most of which has been previously told.

All organizations in Yuma and vicinity have taken turns serving buffet suppers at the U.S.O. center. In this capacity the Agent has cooperated with the Business

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D. Program of Work, (Cont'd.)

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Sub-Project A - Related Agencies, (Cont'd.)

and Professional Women's Club, the Women's Auxiliary of the Legion, the Presbyterian Church.

Iota Chapter of the honorary Education society, Delta Kappa Gamma, was installed in Yuma County this current year. The Agent was invited to be one of the active members and was initiated with the group. Members now include representatives from Gadsden, Somerton, Sunnyside and Yuma.

In September, the Agent served in an advisory capacity with a War Service Committee which packed forty-four Christmas boxes for soldiers overseas. Caramels and spiced pecans were made and each sealed in tin cans and included in boxes which met specifications for overseas delivery.

The Yuma Music Club is a large, active organization which serves, among other things, to bring good music to the soldiers who are music lovers. The Agent is Secretary, Treasurer of the organization which meets once a month on Monday night.

SUB-PROJECT B - CONFERENCES

This current year, as last year, conferences have been curtailed because of travel difficulties. Those which have taken place may be divided into two groups as follows:

- (1) State Conferences
- (2) Conferences within the County

The State Conferences chronologically were:

January - Annual State Extension Conference
March - Food Conservation Conference
June - Home Furnishing Conference
July - Annual Home Demonstration Planning Conference.

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(c) Project Activities and Results, (Cont'd.)

XVIII Community Activities, (Cont'd.)

Sub-Project B - Conferences, (Cont'd.)

At the Annual State Extension Conference, the Agent appeared on the program for a fifteen-minute talk in which she partially introduced the round-table discussion "Reaching the Last Farm Family".

Conferences within the county have been largely carried in foregoing discussions concerning project activities. However, the visit of Miss Reva Lincoln, State Nutrition Specialist, in October, has not been reported. Miss Lincoln came with Mr. Ingvalson and Mr. McKee who were in the county for 4-H Club work, and because previously planned, whose work was given first place. However, there was time for a brief conference and tentative plans were made for a leader meeting on school lunch planning this coming January. These plans were later confirmed when Miss Jean Stewart, State Leader, visited the county.

SUB-PROJECT C - PUBLICITY

The newspaper continues its splendid ^{support} and from time to time, news articles have been published. There have also been mimeographed newsletters sent to all the mailing list. This year has seen Mr. Robert Moody come to the county as County Agricultural Agent. The Home Demonstration is cooperating with him in sending a monthly newsletter dealing with timely subjects to the County Agricultural Agent mailing list. The Agent is sorry to report that there have been no broadcasts given.

SUB-PROJECT E - ACHIEVEMENT DAYS

In ordinary years the geography of Yuma County makes county-wide achievement days not feasible. Much less has it been possible this year and last when transportation facilities have been limited. Hence achievement days have been limited to 4-H Club work and these have been, except for the 4-H Club Dress Revue Tea in October, in individual communities. In May all clubs in the southern part of the county had individual achievement with the State Leader of 4-H Club work and the Agent in attendance.

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D. Program of Work, (Cont'd.)

(c) Project Activities and Results, (Cont'd.)

XVIII Community Activities, (Cont'd.)

SUB-PROJECT K - RECREATION

There has been little time for recreation this year. There has been an effort made to see that 4-H Clubs have some social activities. However this has been a part of regular meetings rather than separate functions. One exception was a field trip made by the combined boys' and girls' clubs at Sunnyside. The Leader and her husband chaperoned the entire group on a visit to the Bard 4-H Club Fair in the spring (Bard is located in Imperial County, California - just across the Colorado River from Yuma.

On several occasions the Agent has helped with the planning and preparation of community dinners. She is organist at a local church using a Hammond Electric organ. This is mentioned because the church attendance includes people from Yuma vicinity as far as Gadsden, so can be counted as a Community Activity.

One cannot be a Home Demonstration Agent in one county for nine years without making many contacts that serve to stimulate community life, recreational and otherwise. Hence, many services have been rendered which in themselves may not warrant mention but which have together been a real positive factor.

E. OUTLOOK AND RECOMMENDATIONS

The outlook for Home Demonstration work seems to be one of comparative security because the things which the work have to offer are proving more and more needed in the operation of homes. That a full program lies ahead for the Agent seems certain. There are requests for work meetings; meetings that will help in conservation of foods, clothing and home furnishings. It would seem that work of a War Emergency nature should be taken care of first and that prescribed programs should follow as best they can. While local leader meetings have their place in the forwarding of the program, it appears that they will never suffice for a complete procedure. Distances are great, home makers have "stepped up" home duties, and transportation is limited. If real results are to be obtained, Extension service must in all its activities take cognizance of these conditions.

4-H Club work is increasing in seriousness of purpose and in dignity of service. The outlook is for better club work, both from members and from leaders.

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AN EXPLANATION

Until 1942, it was the custom of the Home Demonstration Agent to include in her annual report pictures illustrative of the year's activities.

She regrets omitting pictures in this current report and submits the following explanation:

1. Because of war conservations and travel limitations, there has been an absence of meetings, telling a County Achievement story; such as, 4-H Club Round-up, Country Life Conference.
2. It has been difficult and for the most part impossible to obtain films in the local stores.
3. Because of Government requests to limit purchases to necessities, this is deemed one expenditure which could be omitted.